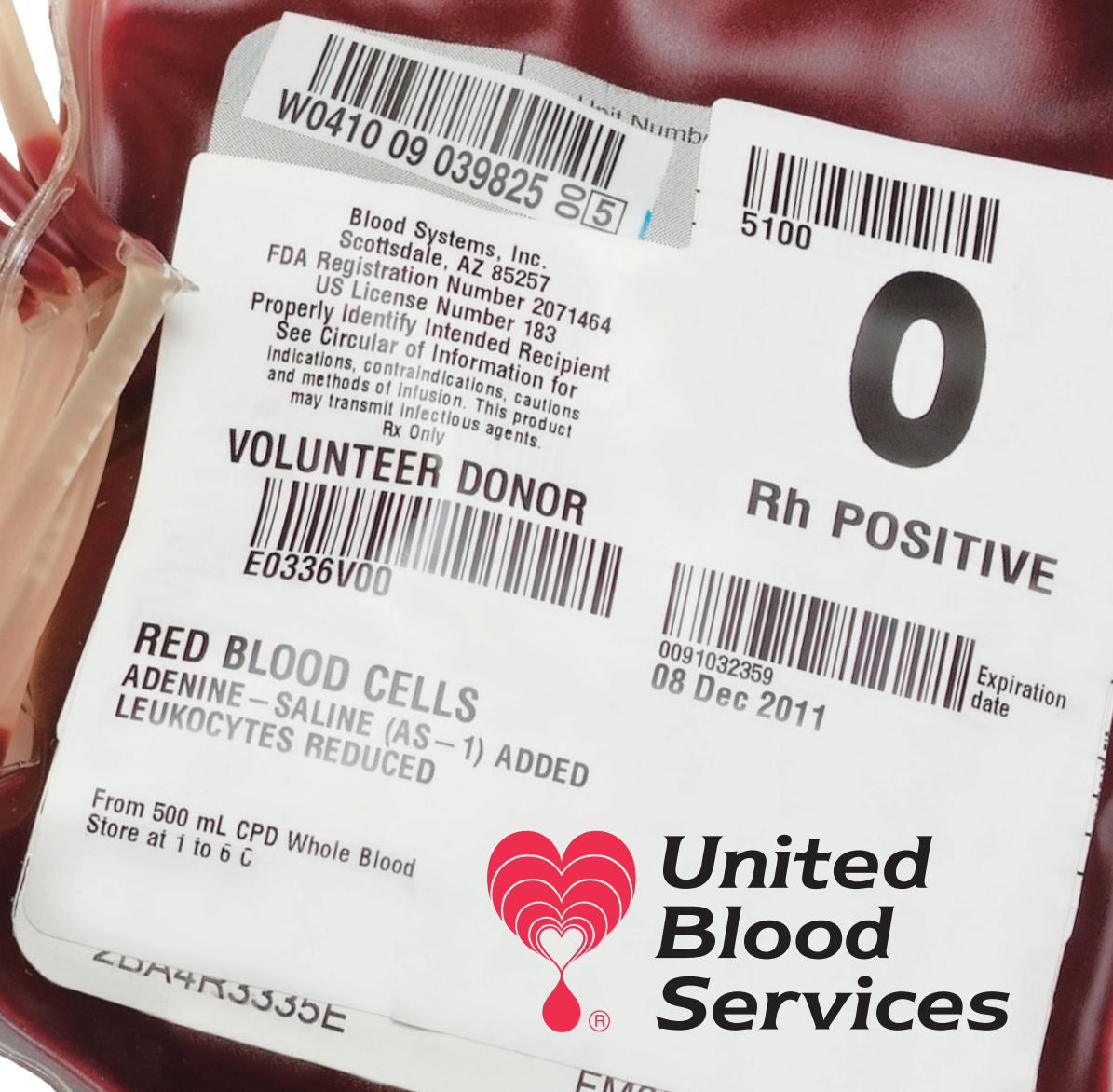


BLOOD

THE LIFE INSIDE YOU

FIND OUT WHAT IT TAKES TO BE A BLOOD DONOR

FIND
THE
HERO
IN
YOU



DEPENDING ON YOU SINCE 1956

From the beginning, the mission of United Blood Services has been simple: United Blood Services exists to make a difference in people's lives by bringing together the best people, inspiring individuals to donate blood, producing a safe and ample blood supply, advancing cutting edge research, and embracing continuous quality improvement.

"We take our responsibility as stewards of the blood supply very seriously and adhere strictly to our mission," said Anita Gallegos-Barela, Administrative Supervisor.

Invited into the community by Washoe County Medical Society, United Blood Services opened the doors of its Reno center in 1956. During that first year, 361 units of blood were collected. Over the years, advances in technology changed the way blood is collected and used, and a growing population increased the demand for blood in the region. The Reno center moved twice as it expanded, and a new United Blood Services center opened in Carson City in 1991. The Sparks center opened in 2009. In 2011, an anticipated 49,000 units will be

donated to provide blood to area hospitals in Northern Nevada and Eastern California.

As the need for blood increases, so does the need for blood donors. It's only through the selfless act of donating blood that United Blood Services is able to have blood available for those who need it. Donors don't receive anything in exchange for their donation ... but they donate blood anyway. They aren't

It's only through the selfless act of donating blood that United Blood Services is able to have blood available for those who need it.

continuously recognized for saving lives ...but they donate blood anyway. They are selfless and nameless heroes.

Blood drives account for more than half of United Blood Services blood donations, and United Blood Services depends on blood drive coordinators to bring heroes together. Many local individuals and organizations have stepped up,

including businesses, churches and civic organizations. For years, most of the local high schools have also rallied to hold annual blood drives.

The need for blood is continuous – lives are saved every day by blood and blood products. Area hospitals need blood for patients daily, especially around the holidays as people travel and accident rates increase.

The need spikes during times of crisis and disaster. One out of every three people will need blood at some point in their lives, and blood use continues to rise as the population increases. As the population ages, longtime donors are no longer able to donate blood and new donors are needed.

"We are looking for the next generation of blood donors," said Gallegos-Barela. "In

order to have this lifesaving product available when tragedy strikes, whether it's another IHOP incident, a loved one who is in an accident, a burn victim, a cancer patient or a premature baby trying to survive the odds, our community needs your blood!"

For blood availability at the critical moment, donations must already be processed and on the shelves. It takes 48 hours to process blood and its shelf life is only a little over a month. Consistent blood donations throughout the year are the key to having blood on hand when it is needed most.

The process is simple, and the rewards are great. Almost everyone can donate blood. Volunteer donors must be at least 16 years old, weigh 110 pounds and be in good health. In the following pages, you will learn how to become a blood donor, become inspired by blood donor and recipient stories, find out why people donate blood, and why it's our civic duty to contribute to the growing need.

Blood is the life inside you. It gives life, it preserves life and it ultimately saves lives.

1956

Reno center opens in a small office space on Wells Avenue.

United Blood Services collects 361 units of blood that first year.

1957

Reno center moves to a more accessible location on Kirman Avenue.

1991

Carson City center opens on East Winnie Lane.

1995

Reno center moves again to its current location on Terminal Way.

2009

Sparks center opens on Sparks Boulevard.

2011

Between the three centers, an anticipated 49,000 units will be collected.

BLOOD DONATIONS SAVE BABY'S LIFE

By Anna Barela

In the first two months of his life, baby Garrett lost an entire pound of his birth weight. He grew pale and lethargic, unable to nurse longer than five minutes before falling asleep. His frustrated and confused parents, Jeff and Fey Allen, desperately searched for answers.

The Allen family lives north of Stead. Jeff works as a pharmacist in Reno, while Fey is a full-time mother to the couple's three sons – Cole, Brett and Garrett. Garrett is the youngest, though he almost didn't survive the months following his birth. He has an extremely rare condition called Diamond-Blackfan Anemia, in which his bone marrow fails to produce red blood cells. But at first, neither Garrett's doctor nor Jeff and Fey knew why Garrett was losing weight.

“He wouldn't be here without blood. We've been so lucky with the generosity of our donors.”

– Jeff Allen

“The unknown factor is harder than anything else,” said Jeff. “It's frustrating when you know something is wrong, but you don't know what it is. It feels almost like a dream that you want to wake up from. You just can't believe it's actually happening to one of your kids. You're too stunned to be scared.”

Then, at two months old, Garrett was given a blood test that showed a very low hemoglobin count. He was admitted to the hospital and given blood transfusions for two days. Immediately, normal color returned to little Garrett's skin, and he began nursing adequately.

A bone marrow biopsy led to the diagnosis of Diamond-Blackfan Anemia. One possible cure was a bone marrow transplant. However, success rates are very low unless the bone marrow comes from a sibling who is a match. Garrett's brothers' bone marrow matched each other, but neither matched Garrett. Frequent type O blood transfusions from donors without a history of CMV were the only remaining option. (CMV is a common virus that most people have had. It's unnoticed in healthy people but can pose a threat to people whose immune system is compromised, including newborns.)

Jeff said, “Once you know what's wrong and there's a treatment for it, you just do whatever it takes to keep him going. Once he started getting blood, he started feeling better. He had enough energy to eat, he started gaining weight and everything started falling into place.”

Garrett continued receiving blood transfusions of one unit every four weeks, enabling him to grow and develop like a normal baby. But by the time he was six months old, his system had built up toxic levels of iron as a side effect of repeat

To reduce the risk of allergic reaction, the pool of donors needed be as small as possible. Jeff and Fey personally undertook the challenge of finding dedicated blood donors who met the necessary criteria. Through word of mouth, they found several kind-hearted friends, family, and colleagues willing to regularly donate to Garrett.

When Garrett was four years old, he was offered a chance to participate in an oral chelating drug trial. This new effervescent oral formula to treat iron

six months old. United Blood Services collects and tests the blood, then delivers it to the hospital where it is given to Garrett through transfusion.

“He doesn't even flinch,” Jeff recounted. “He'll always watch when they start the IV. He's always been very good. He was probably about three when he started to learn to breath and relax.”

The few indications that Garrett has a life-threatening condition include getting tired a little sooner than other children during strenuous activities and being



transfusions. Most people recycle iron when they produce red blood cells, but since Garrett's system did not produce these, no recycling occurred. Chelating medication was needed to prevent iron poisoning.

This medication was available only in an injectable form. It had to be given slowly, over the course of eight to 12 hours, pumped into his system through a subcutaneous needle in his leg while he slept. Jeff and Fey had to hook Garrett up to this contraption every night indefinitely.

The risk of blood allergies also increases with repeat transfusions as more and more antibodies are introduced. At the age of three, Garrett experienced an alarming reaction to blood from an unknown donor. He developed a severe rash that required a high dose of steroids to resolve.

buildup meant Garrett no longer had to be hooked up to a pump every night. He need only drink the flavorless tablet once daily, dissolved in eight ounces of water.

During the trial, Jeff drove Garrett to Oakland frequently for tests – every two weeks for six months, then monthly and finally every few months for four years. They often had to spend the night in Oakland, away from Fey and the other two children. But the trips were worth it; the trial was successful and Garrett permanently switched to this much-easier method of medication.

Today, Garrett is 12 years old and thriving. He still receives regular blood transfusions, currently two units every three weeks. He has 10 dedicated donors, including a friend of a friend who has donated since Garrett was

more susceptible to infections. Those who know him can tell he gets a little pale when it's getting close to time for another blood transfusion.

Otherwise, Garrett is much like any other boy his age. He is a straight-A student in sixth grade. He enjoys riding his bicycle, playing sports with his older brothers and hunting for treasure with his metal detector. Because of the generous donors willing to give their blood to him, Garrett not only has life, he has a good life.

“He wouldn't be here without blood,” said Jeff. “We've been so lucky with the generosity of our donors. We can't thank them enough. Blood is something you can't buy. They're always willing to donate, taking the time and effort to do it. They've never asked for anything in return. They've been amazing people.”

DID YOU KNOW...?

4.5 million

Americans will need a blood transfusion each year.

One unit of blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate.

13 tests are performed on each unit of donated blood.

11 of those tests are for infectious diseases.

Red blood cells live about 120 days in the circulatory system.

1 year
how long frozen plasma can be stored.

5 days
how long most donated platelets can be stored.

42 days
how long most donated red blood cells can be stored.

• After donating blood, you replace the fluid in hours and the red blood cells within four weeks. It takes eight weeks to restore the iron lost after donating.

• A newborn baby has about one cup of blood in his body.

• People who donate blood are volunteers and are not paid for their donation.

• Blood drives hosted by companies, schools, places of worship and civic organizations supply roughly half of all blood donations across the United States.

• There are four main red blood cell types: A, B, AB and O. Each can be positive or negative for the Rh factor. AB is the universal recipient; O negative is the universal donor of red blood cells.

• Healthy bone marrow makes a constant supply of red cells, plasma and platelets.

1%

If only one percent more of all Americans would give blood, blood shortages would disappear for the foreseeable future.

43,000
pints of donated blood are used each day in the U.S. and Canada.

TOP 10 MYTHS & FACTS

“You don’t need me. You have plenty of donors.”

Patients need you! Only about 5 percent of the eligible population takes the time to donate blood.

“I don’t have time to donate blood.”

Donating blood takes only about an hour of your time.

“All medications and antibiotics defer you from donating blood.”

Taking medications is NOT an automatic deferral. Most are perfectly acceptable. The easiest thing to do is call the center to ask about your medication.

“I can’t give blood because I’m afraid of needles.”

Most people do feel a bit of nervousness about blood donation. Most also say after their donation that they’re sorry they waited so long. Blood donation is a momentary discomfort for the donor that can provide a lifetime of difference for the patient.

“Can I get an infection from donating blood?”

A clear procedure exists for taking blood from each donor. Sterility is maintained at all steps. A sterile, new needle is used for each donation and is then properly discarded. Use of sterile equipment and technique limits the chance of infection.

“I can’t give blood because I have high blood pressure.”

As long as your blood pressure is below 180 systolic (first number) and 100 diastolic (second number) at the time of your donation, you may give blood, even if you take blood pressure medicine.

“I can’t give blood because I have seasonal allergies.”

Allergies, even those that need to be controlled by medication, will not prevent you from donating blood.

“I can’t give blood because I had cancer.”

While some types of cancer may disqualify you from donating, there are many circumstances under which you may donate blood after an appropriate waiting period. Please contact United Blood Services for more information.

“I can’t donate because I’m anemic.”

Your hemoglobin (iron) level will be checked prior to donating blood. As long as levels are normal on the day of donation, you may give.

“People living on a vegetarian diet lack appropriate amount of iron in them and cannot donate their blood.”

Vegetarians can donate blood. A month is enough to replace the loss of iron from the body after donation.

If you have questions, call (775) 324-6454.

INTRODUCING THE ONLINE DONOR HEALTH HISTORY QUESTIONNAIRE

United Blood Services donors can now complete the health history questionnaire online the day of their donation, likely reducing the in-person interview to only a few essential follow-up questions.

IT’S AS EASY AS 1, 2, 3!

- Fill out the interview questions in one sitting of about 10 to 15 minutes.
- Print out the barcoded Fast Track Donation ticket.
- Bring the ticket when you donate.
- Okay, maybe there is a fourth: Save lives faster!

Simple instructions can be found via the “Health History Questionnaire” link on www.UnitedBloodServices.org or directly at <http://www.UnitedBloodServices.org/health-history-questionnaire-instructions.html>.

IMPORTANT TIPS FOR USING THE ONLINE HEALTH HISTORY QUESTIONNAIRE:

- Questionnaires must be completed the day of donation. A ticket for a different calendar day cannot be accepted.
- Questions cannot be saved, and the questionnaire must be completed in one sitting.
- Donors must give our staff the barcoded Fast Track Donation ticket at the time of their donation.
- United Blood Services will send donors a link to the survey with a reminder email the day before appointments. Blood drive coordinators can email the link to their organization’s donors the day of the blood drive.
- The online interview is part of United Blood Services’ efforts to make the most of volunteer blood donors’ time.

46.5
gallons

is the amount of blood you could donate if you begin at age 17 and donate every 56 days until you are 79 years old.

- White cells are the body's primary defense against infection.
- Any company, community organization, place of worship or individual may contact their local community blood center to host a blood drive.

17%

of non-donors cite "never thought about it" as the main reason for not giving, while 15 percent say they're too busy.

- Blood centers often run short of types O and B red blood cells.
- Dr. Karl Landsteiner first identified the major human blood groups – A, B, AB and O – in 1901.
- Platelets promote blood clotting and give those with leukemia and other cancers a chance to live.

Blood makes up about
7%
of your body's weight.

Females
receive
53%
of blood
transfusions.

Males
receive
47%
of blood
transfusions.

One
pint

of blood can save
up to three lives.

500,000

the number of Americans who donated blood
in the days following the September 11 attacks.

FOUR WAYS TO GIVE BLOOD

Did you know there are different types of blood donations? Donors may donate whole blood or, since whole blood consists of different components, special equipment may be used so donors can give just platelets, plasma or red blood cells—or a combination of two or three.

WHOLE BLOOD DONATION

Whole blood is the most common donation. It takes the least amount of time for the donor (approximately one hour including interview and refreshments, but just 10 minutes in the donor chair). Whole blood can be donated at any blood drive and most blood centers.

A single unit (approximately one pint) of blood is collected from one arm. You can donate whole blood every 56 days. Volunteer blood donors must be at least 16 years old, weigh at least 110 pounds and be in good health. Additional height and weight requirements apply to donors 22 and younger.

Most whole blood donations are processed and divided into components. Up to four different components can be derived from one unit of blood. That means your whole blood donation can help several patients!

DOUBLE RED CELL DONATION

During a Double Red Cell donation, whole blood is collected from one arm into a machine called a "cell separator," which separates the components and collects a measured amount of red blood cells into a special bag. Then the other components are mixed with a saline solution and returned to the donor.

The Double Red Cell donation takes approximately one hour and 15 minutes, including interview and refreshments. There are some special benefits to Double Red Cell donations:

- the saline solution leaves you more hydrated after donating.
- the process uses a smaller needle.
- you can give less frequently because there is a 112-day waiting period between donations.

Talk to your donor care specialist to see if you meet the criteria to be a Double Red Donor, especially if you have O-positive or O-negative blood.

PLATELET DONATION

Platelets help control bleeding. They are used in large quantities and over extended periods of time by leukemia, cancer, aplastic anemia and marrow transplant patients. Platelets are also used during surgery to help stop bleeding.

The entire platelet donation takes less than two hours. Your body replenishes its platelets very quickly, enabling platelet donation as frequently as every seven days, but no more than 24 times a year.

PLASMA DONATION

Plasma is the liquid portion of your blood and is used in the treatment of bleeding, clotting problems and trauma. It can also be transfused to help organ transplant recipients and premature infants.

Type AB-positive men are encouraged to consider plasma donation. AB-positive is the "universal plasma type" and, in an emergency, it can be transfused to people of any blood type. Plasma from male donors is less likely to carry certain antibodies.

The entire plasma donation takes less than 90 minutes, with 60 minutes for the actual donation. Your body is able to replenish its supply of plasma quickly. You may donate plasma as frequently as every four weeks.

HOW BLOOD DONATIONS HELP

Blood circulates through the body via a pathway of blood vessels, arteries and veins, carrying nutrients, oxygen, antibodies and other necessities of life to every cell and tissue. Blood also carries carbon dioxide out of the body's cells as a form of waste management. Having a healthy supply of blood is critical to a person's overall health.

Donated blood helps an array of people who for one reason or another can't supply their own blood or need more. These people range from cancer patients to car crash victims. The most common use of blood is through blood transfusions.

A blood transfusion is a safe procedure in which healthy blood is given to a recipient through an intravenous (IV) line in one of their blood vessels. Blood transfusions are very common today due to advances in medical technology.

Each year, blood transfusions save or sustain more than 4 million lives. It is estimated that blood is needed every two seconds, and that one out of seven people entering the hospital will need blood. About one-third of all heart surgery patients have a transfusion because they lose blood during their operations. Some people who have serious injuries—such as from car crashes, war or natural disasters—need blood transfusions to replace blood lost during the injury.

Others need blood or parts of blood because of illnesses. A blood transfusion may be necessary if a person has:

- A severe infection or liver disease that stops his or her

body from properly making blood or some parts of blood.

- An illness that causes anemia, the condition where a person's blood has a lower than normal number of red blood cells, or his or her red blood cells don't contain enough hemoglobin, the iron-rich protein that helps red blood cells carry oxygen from the lungs to the rest of the body. Such illnesses include kidney disease and cancer. Medicines or radiation used to treat a medical condition can also cause anemia. There are many types of anemia including aplastic, Fanconi, hemolytic, iron-deficiency and sickle cell anemias as well as thalassemia.

- A bleeding disorder, such as hemophilia, the genetic disorder where one of the proteins needed to form blood clots is missing or reduced. Approximately one in 5,000 males born in the U.S. are affected by hemophilia.

- A clotting disorder, such as thrombophilia, where the victim has an increased tendency to clot. Thrombophilia affects 5 to 7 percent of Caucasians of European descent in the U.S.

Blood is made up of various parts, including red blood cells, white blood cells, platelets and plasma. While the most common type of blood donation is whole blood, blood is transfused more often as individual parts. The procedure usually takes one to four hours, depending on how much blood is needed. Most blood transfusions go very well – mild complications can occur, but rarely do serious problems develop.

Since blood cannot be manufactured or harvested, it can only come from volunteer blood donors.

IF YOU NEED BLOOD, YOU NEED IT NOW



By Sukhi K. Brar

BECOME A BLOOD DONOR TODAY

Think you've got what it takes to be a hero? Not everyone can run into burning buildings to save someone, or pull a drowning child out of the water. But if you've got blood, you do have what it takes to be a hero. Donating blood saves lives, and United Blood Services makes it easy.

Start by making a convenient appointment online at www.UnitedBloodServices.org. The process of donating blood only takes about an hour and the friendly staff at United Blood Services makes donors feel at home. The hardest part is answering the screening questions, which can be done online ahead of time and are critical for ensuring donated blood can be used and that FDA regulations are upheld. Then donors are shown to a comfortable chair to kick back and relax while their blood is collected.

"It's really an easy procedure," said Alana Ladd-Ross, Donor Recruitment Supervisor. "We try to make donors feel as special as possible because they are special. If they have a good experience, they're going to come back."

Sixty-five percent of the population will need blood sometime in their lives, yet only five percent of the population currently donates. United Blood Services is looking for the next generation of donors to step up and take care of the community. Those who cannot give blood can help by organizing blood drives. More than half of United Blood Services blood comes from blood drives, making organizers heroes too.

So don your red cape and fly to your nearest United Blood Services blood drive or United Blood Services center in Reno, Sparks, or Carson City. The rewards are great! United Blood Services donors are automatically enrolled in the Hero Rewards program, earning points toward movie tickets, T-shirts and ice cream, and United Blood Services provides a free total cholesterol test on each donation. But the best reward is the feeling you get when you save someone's life.

Shortly before 9 a.m. on September 6, Eduardo Sencion entered an IHOP restaurant in Carson City armed with an AK-47 rifle. Sencion opened fire on restaurant patrons, including five uniformed National Guard members, killing four people and wounding eight others. The carnage came to an end when Sencion turned the weapon on himself, fatally shooting himself in the head.

In the aftermath, at least 11 agencies, both federal and state, worked the crime scene according to ABC News. But when a tragedy like this one strikes, there is a fight to save lives that begins long before anyone knows who the victims will be. United Blood Services is fighting that fight many months in advance.

Within minutes of the shooting, United Blood Services in Reno received a call from Renown Regional Medical Center informing them there had been a shooting and blood would be needed. Meanwhile, responders rushed to the scene and victims were transported to area hospitals – the most severely wounded to Renown, which has the only level one trauma center in the area, and others to Carson Tahoe Regional Medical Center. At the time, the official statement from law enforcement personnel was that their conditions were unknown.

"Gunshot wounds are very bad," said Patrick McQuillan, Hospital Services

Department Supervisor for United Blood Services in Reno. "We knew going in this would be a high usage day. The hard part of any disaster situation for both the hospital and the blood center is that neither of us know how bad the situation is at first. Everyone on both sides has to make guesses as to how much blood will be needed."

United Blood Services is on call 24 hours a day and is responsible for storing blood and making sure it gets to the right hospital at the right time. Hospitals need an ample blood supply available the moment trauma victims arrive, so blood needs to be ready and transported as soon as possible. Once the call for blood came in, staff sprang into action.

Without knowing the extent of the need or even the blood types of the victims, they gathered as much type O blood as possible because it's the "universal type." Throughout the day, McQuillan's staff called the hospitals almost every 30 minutes to monitor their stock of blood and, based upon those falling numbers, worked, as McQuillan stated, "almost like an assembly line" packing blood.

"The urgency we feel is that we want the [hospitals] to have what they need before they need it," McQuillan said.

At least eight deliveries were made to Renown between 9:30 a.m. and 9:30 p.m. on the day of the IHOP tragedy, four times the normal daily deliveries. Three deliveries

were also made to Carson Tahoe. By the end of the day, United Blood Services had delivered more than 120 units of red blood cells, 76 units of fresh frozen plasma and 21 units of platelets.

Carson City Sheriff Ken Furlong commended United Blood Services' efforts. He said, "In an instant, the country turned its eyes onto Carson City and witnessed our preparedness, response and recovery efforts following the IHOP tragedy. While our immediate community resolve would be characterized by overwhelming support, including donations of blood, the greater support was the support given every day, keeping our blood banks prepared for when the unimaginable becomes the current crisis."

According to United Blood Services' Alana Ladd-Ross "[The blood] has to be on the shelves when those catastrophes happen because it takes 48 hours for blood to be processed. If you need blood, you need it right now. If we don't have it in Reno, we have to transfer blood units from a nearby United Blood Services center like Las Vegas or San Francisco. We need the consistent flow of blood so it's always there."

Transferring blood from other centers is not the most favorable option because that takes valuable time, and timing is everything when it comes to saving lives. McQuillan was thankful there was enough blood on hand that day, supplied by donations over the summer, to respond to the tragedy.

"All of that blood was donated by people who weren't spurred to donate because of a tragic event, but simply because they felt a need to help" said McQuillan. "Blood centers across the nation have to anticipate things like [the IHOP tragedy] and be ready for them. Fortunately, on that day, we were."

When a tragedy like this one strikes, there is a fight to save lives that begins long before anyone knows who the victims will be.

LOCAL HERO DONATES BLOOD

By Anna Barela

Technical sergeant Michelle Chochran serves as a hero to her country in the Nevada Air National Guard. She is also a hero in her community because she donates blood and plasma regularly.

Michelle signed up for the Nevada Air National Guard when she was still in high school. In between deployments, she works at the base and pursues her B.A. in psychology. In her spare time, she enjoys skiing, snowboarding, running and a good cross-fit workout.

She started donating blood two years ago when the United Blood Services mobile unit held monthly blood drives on her base. The Guard offered a half day off work to those who donated, so Michelle took advantage of the opportunity. One month, she missed the mobile unit, so she went to the United Blood Services center in Sparks to donate.

The technician at the United Blood Services center encouraged Michelle to donate her plasma. Women who have been pregnant can only donate whole blood or red blood cells, not plasma. Since Michelle has a rare blood type and no previous pregnancies, she was an ideal candidate.

“It was really needed from me,” Michelle said. “I pride myself in trying to do things for the community and this was one thing I figured there was really no reason why I couldn’t do.”

Michelle found the plasma donation process to be just as simple as whole blood donation – it takes just an hour, is relatively painless and doesn’t leave her feeling drained. In fact, once the plasma is extracted from the blood that has been drawn, the blood is pumped back into her arm. She actually gets her blood back!

Michelle feels good about donating plasma because she knows she is helping people. Plasma often goes to trauma victims and is needed during major catastrophes. As part of the military, she is frequently in situations with potential for injury and is acutely aware that she could need blood or plasma herself at any time.

“If I was in that situation,” said Michelle, “I would really hope that there were people out there wanting to donate. If I can even help out one person, it makes me feel really good.”



COLLEGE STUDENT GIVES BACK

By Anna Barela

First-year college student Tyler Sable feels good about himself when he donates blood. He knows his donations save lives. He also hopes that, if he ever needs blood, others would be willing to donate for him.

Tyler first donated blood in high school at a United Blood Services blood drive his school organized. Once he donated, he found out his blood type was in high demand, and United Blood Services encouraged him to continue regular donations. He also found out that giving blood is easy and agreed to become a monthly donor at the United Blood Services center in Sparks.

“You just feel a pinch,” said Tyler. “And after that you just relax. The people are really cool there – it’s definitely a positive atmosphere.”

This year, Tyler continues to donate while studying nursing at Truckee Meadows Community College. He chose a medical major for the same reason he donates blood – he wants to help people. Like many busy college students, Tyler also holds a job after school, shipping freight at a local warehouse. He is active in the local Catholic church.

He also stays busy training for marathons. He hits the gym every day for weight training and a five or six mile run. On the weekends, he goes for a long run, usually covering about 20 miles in four hours. He takes the time to complement his exercise routine with a nutritional diet of fruits, vegetables and protein.

“I’m training for a 50-miler coming up,” said Tyler. “I like to run, and I like to stay healthy.”

After his long Saturday runs, Tyler unwinds at the lanes with his bowling team. He admits his schedule is full, but he likes it that way. He finds time before school or on the weekend to donate blood.

“I think it’s pretty cool,” Tyler said. “I have something special to give. I just feel really good about myself, and it makes me want to keep doing it.”



Find the hero in you.

Give blood 3 times a year!

Northern Nevada has had its share of disasters this year; as a result we have been hearing a lot about being prepared and what to do if disaster strikes. We all purchase items and prepare for these events as best we can to protect our families. One area of community preparedness that is sometimes forgotten and rarely discussed is making sure our community has enough blood and blood products. Blood and blood products are needed every day to support local hospital patients and to make sure physicians can perform the lifesaving surgeries that are necessary daily. As all of you are aware, blood is alive and does not last forever. It is in need of constant replenishment to meet the community need.

The continuous support of Northern Nevada and Eastern California residents has assured community needs have been met for more than 50 years, whether in a disaster situation or for a routine surgery. **I would like to take this opportunity to recognize the unsung heroes who have made the blood supply stable for all of these years.** I would like to thank all of you for giving your time to help someone you do not know survive by your gift. The giving of blood is a selfless act that has far-reaching effects on many people's lives. United Blood Services of Reno, Carson City and Sparks thanks each and every one of you for your relentless effort to save lives. We are looking forward to serving you for the next 50 years.



Gerald "Gary" Haman
Executive Director, United Blood Services

HOURS AND LOCATIONS



UNITED BLOOD SERVICES RENO

1125 Terminal Way
Reno, NV 89502
(775) 324-6454

Hours:

Monday through Friday 8 a.m. to 6 p.m.
Wednesday 8 a.m. to 7 p.m.
Saturday 8 a.m. to 3 p.m.



UNITED BLOOD SERVICES SPARKS

4670 Sparks Boulevard
Sparks, NV 89436
(775) 354-2929

Hours:

Tuesday through Friday 8 a.m. to 6 p.m.
Saturday 8 a.m. to 4 p.m.



UNITED BLOOD SERVICES CARSON CITY

256 E. Winnie Lane
Carson City, NV 89706
(775) 887-9111

Hours:

Monday and Wednesday 8 a.m. to 6 p.m.
Tuesday and Thursday 12 p.m. to 6 p.m.
Friday 8 a.m. to 5 p.m.
Saturday 8 a.m. to 3 p.m.